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**+50 EXPO**

Make learning a lifelong endeavor!



**FREE EVENT**

Thank you to our Platinum Sponsor

Kent Thompson, CFP®, MSFS, Financial Advisor



**Tuesday, March 5  
9 a.m. – 12 p.m.**

Wake Tech Western Wake Campus  
3434 Kildaire Farm Road  
Cary, NC 27518



Wake Tech Workforce  
Continuing Education

**| plus50.waketech.edu**





Schedule of Activities			<b>Lead the Way</b> <i>Presented by: Jerry Glenn</i>	Lead the Way is all about our adult education programming offered through Plus50 courses. Each course or lecture is scheduled throughout the year at convenient locations called partner community sites within Wake County. The variety of topics range from language, physical fitness, culinary, computers, history and the arts.	247			
9 A.M.	DESCRIPTION	ROOM #						
<b>Tech Trends: Where to Go From Here</b> <i>Presented by: WCE Non-Credit Computer Education</i>	Are you interested in updating your technology skills? Non-Credit Computer Education can help you discover computer training and trending technical certifications to fulfill your personal goals or expand your professional opportunities.	112						
<b>21 Habits of Highly Organized Retirees</b> <i>Presented by: Scott Waterhouse</i>	Highly organized retirees enjoy something many of us endlessly strive for—success in retirement. How do they do it? One major difference is apparent. Organized people are extremely attuned to their thoughts. Learn the 21 habits that are the motivating core beliefs for a successful retirement.	238						
<b>Roadmap to Retirement</b> <i>Presented by: John Amendola</i>	You will learn how to integrate important concepts to help you prepare for retirement. In addition, you will find out how to fight off the effects of inflation, avoid unnecessary taxes, and protect yourself from the potentially devastating costs associated with long-term care expenses.	240	<b>Managing the Caregiving Role—your life depends on it!</b> <i>Presented by: Carla Payne</i>	This interactive presentation guides families to actions and decisions needed to ensure quality care and an optimal life for those they love.	248			
<b>Grieve the Write Way</b> <i>Presented by: Dori Dejong</i>	Learn about grieving through Writing. Topics covered will be guided prompts, poetry, narrative writing, letter writing and journaling.	241						
<b>The Ageless home™</b> <b>**Create Ageless Living</b> <i>Presented by: Valerie Jurik-Henry</i>	In this presentation, whether you are a proactive or reactive person, you will learn and understand about Aging In Place, what it means, and different home products & design features that will make your home an Ageless Home™. If you have a concern now about your home or think you might in the future, this presentation is about educating you on how to create a forever-home environment so YOU have a choice in life.	242						
<b>Conservative Investing</b> <i>Presented by: Brian DeBruin</i>	Does the stock market make you nervous? It is possible to be rewarded by the markets without taking an excessive amount of risk. Learn to invest with confidence.	247						
<b>Engage In Wellness!</b> <i>Presented by: Jennie Griggs</i>	This presentation and panel discussion will focus on wellness in the areas of our physical, social, emotional and mental activities.	248	<b>Alzheimer’s and Healthy Brain Aging</b> <i>Presented by: Henry Edmonds</i>	Participants at the workshop will understand the biological factors, such as genetic and environmental, underlying memory problems in aging, especially Alzheimer’s disease (AD). By understanding the complex causes of memory loss, they can develop their own strategies for prevention or delaying the devastating effects of memory loss and disease in their own lives. Last, they will understand some if the current research that is critical to advancing researcher’s understanding of Alzheimer’s and normal changes in memory.	205			
10 A.M.	DESCRIPTION	ROOM #						
<b>Tech Trends: Where to Go From Here</b> <i>Presented by: WCE Non-Credit Computer Education</i>	Are you interested in updating your technology skills? Non-Credit Computer Education can help you discover computer training and trending technical certifications to fulfill your personal goals or expand your professional opportunities.	112						
<b>Long Term Care and Medicare</b> <i>Presented by: Hans Scheil</i>	Hans Scheil, CFP®, will help you in understanding the different parts of Medicare, comprehending supplements and how they work with original Medicare, answering common enrollment questions, and learning how Medicare pays for long-term care. Long-term care is an essential part of a sound retirement plan. Scheil will explain many of the options available to combat the financial and emotional risks that come with longevity. Come listen and learn to find the best options for you or a loved one! Everyone at the presentation will receive a complimentary copy of Scheil’s book “The Complete Cardinal Guide to Planning for & Living in Retirement”.	238						
<b>How to Make Recruiters Work for You!</b> <i>Presented by: Carrie Christiano</i>	Recruiters are not always easy to work with. They tend to run hot and cold, based on their clients’ needs at the time. After 20 years of recruiting, career coach Carrie Christiano will provide the 50+ worker with insights on how to capture a recruiter’s attention and make the most out of relationships with various types of recruiters. She will explore ways of finding the right recruiters to work with, managing relationships effectively, and how to stand out from other candidates so that more opportunities come your way.	240	<b>Over 50 and Starting a Small Business Successfully</b> <i>Presented by: Cherith Roberson</i>	Your years of experience have prepared you to start your own business and gives you the ability to use your network of connections and your competitive skills to be successful. In this session you will learn, the vital components to identify before you launch a business, whether you need to write a business plan, and the formal steps you need to take to establish your business. After this session, you will walk away with tangible tools to get started.	238			
<b>Leaving a Positive Legacy: Estate planning is more than just signing a will – it is really about leaving a legacy</b> <i>Presented by: Sue Haberberger</i>	Topics covered: The importance that planning plays in leaving a positive legacy, the components of an estate plan: Will, Trust, Beneficiary Designations, Joint Accounts, Death and Inheritance Taxes, Probates, Planned giving and more.	241						
<b>11 A.M.</b>	<b>Tech Trends: Where to Go From Here</b> <i>Presented by: WCE Non-Credit Computer Education</i>	112				<b>Why It’s Different for Women</b> <i>Presented by: Kent Thompson and Trevor Lawson</i>	This session will cover key retirement concepts for today’s women. Topics covered will include Healthcare, Social Security, Spousal Protection, and Estate Planning.	240
<b>Your IRA/401k Makeover - Proven Strategies to Lower Taxes, Fees and Risk</b> <i>Presented by: Jeff Norris</i>	Join us to learn the top five blunders people make with their IRA’s and how you can avoid them. We will discuss how to increase the value of your IRA even after retirement; how to potentially avoid losing up to 70% of your IRA and how to create tax-free income for three generations and much more! Jeff Norris is the Vice President of Asset Protectors and Advisors.	242						
<b>11:30 A.M.</b>	<b>DESCRIPTION</b>	<b>ROOM #</b>	<b>Having Your Ducks in a Row: Plan the most important events in our lives</b> <i>Presented by: Elizabeth Larson</i>	Montlawn Memorial Park and Funeral Home will present having your “Ducks in a Row” for your family. We often plan the most important events in our lives with detail and care, but the one event that we know is going to happen, we typically do not have a plan for. We at Montlawn will give you information to guide you through the process.	247			
						<b>Let Me Work! How I Can Add Value To Your Business</b> <i>Presented by: Jennie Griggs</i>	This engaging talk is constructed of personal experiences, facts, and trends in the social context of today’s “Aging Tsunami”.	248
<b>DROP-IN ROOMS, OPEN FROM 9 A.M.-12 P.M.</b>								
			Workforce Continuing Education Programs, various presenters and booths – Rooms 120, and 121 Speak with Wake Tech staff and faculty about the wide range of Workforce Continuing Education programs, from robotics to foreign languages, job search skills, vocational training, career development, and personal enrichment. Wake Tech’s Career and Employment Resources staff will be on hand to answer questions about the job search process. Also, learn about the <b>Small Business Center</b> , <b>Corporate &amp; Business Solutions</b> , programs for Veterans.					
			Vendors - Room 101 Sponsors - Room 118 Refreshments – Room 261 <i>Schedule and room assignments may be subject to last minute changes.</i>					